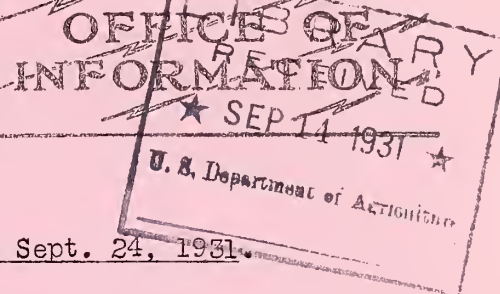


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HOUSEKEEPERS CHAT

Thursday, Sept. 24, 1931.

(NOT FOR PUBLICATION)

Subject: "Making the Most of Your Sewing Machine" Information from the Bureau of Home Economics, U.S.D.A.

I'm going to start today by keeping a promise--the promise I made yesterday to give you a fine new spinach recipe which can be used as a main dish for a simple meal.

Spinach souffle requires nine ingredients. I'll read them.

1 cup of cooked, chopped spinach
3 tablespoons of butter
3 tablespoons of flour
1 and 1/2 cups of milk
1 and 1/4 teaspoons of salt
1/8 teaspoon of pepper
1 tablespoon of finely chopped onion
a few dashes of tabasco sauce
Three eggs

Just nine. I'll repeat them. (Repeat.)

Wash the spinach well and cook it about 5 minutes in the water that clings to the leaves. Drain and chop it very fine.

Next, prepare a cream sauce of the butter, flour and milk. Add the spinach, salt, pepper, onion and tabasco sauce and mix well. Separate the eggs. Beat the yolks until light and lemon colored and the whites until very dry. Add the yolks to the spinach mixture and then fold in the well-beaten whites of the eggs. Put this into a greased baking dish and place the dish in a pan and surround it with water. Bake in a very moderate oven (300 to 325 degrees) for about one hour --or until set. Serve at once.

I know a woman who hardly ever used her machine. She says she likes to sew by hand, in the evenings, while her husband reads the paper. She thinks it's sort of sociable. I'm not just sure what she does with all her daytime hours, but I'd like to tell her that her sewing machine has a lot of attachments on it which, if properly used, would release her evening hours entirely for sociability, if that's what she wants.

Perhaps it wouldn't do any of us harm to remind ourselves of the possibilities of sewing machine attachments. There's the hemmer, for example, and

the binder, and the ruffler. You'd be surprised, how much time and effort you can save, by knowing what can be done with these clever devices, and how to do it. I'm not suggesting trying to learn to use them when you're rushed; practice on them in your spare moments.

When hemming ruffles, use the foot hemmer, or the adjustable hemmer, depending upon the width of the hem. Hems an inch wide can be made with the adjustable hemmer.

The ruffler, too, is a handy piece of machinery, especially if you are gathering yards and yards of ruffles for curtains, or if you are making several children's garments, at the same time. Of course you need not use the ruffler; for gathering short distances. Simply loosen the tension enough so that the under thread may be easily drawn up to the desired length, and stitch in the usual way.

The binder is a marvelous time-saver, when making house dresses, kitchen aprons, and children's clothes. Fit the edge which you are binding closely into the tape, and it will never pull out, when laundered.

Another piece which helps to take the drudgery out of sewing, is the buttonhole attachment, quite easy to adjust and operate. It will make several buttonholes, in the time required to make one, by hand.

Loosen the bobbin tension, have a medium top tension, and stitch the design on the wrong side. Tiny pin tucks, stitched in this way, make a very pretty trimming on wool, silk, or even cotton dresses.

Do you know how to stitch fine materials, so they won't pucker? Georgette, chiffons, and silk crepe should be stitched on stripes or paper, so the cloth will not pucker. Strips of ordinary newspaper are good enough. Hold the paper under the material being stitched. It is easily pulled off, when stitching is completed. Garments of thin materials will have a much more professional look, if carefully stitched.

Speaking of the professional look--the best dressmakers do not use French seams for all garments. A French seam even though it is neat, often give an amateurish appearance to the finished garment, because it "draws" slightly. A better seam, for fine silks, is a plain one, with each raw edge turned under once, and held with a running stitch. If the fabric does not ravel easily, the edges should be pinked with a pinking machine. The pinking machine is small, and can be clamped to the edge of your sewing table. With a pinking machine, you can make a neat, notched edge, in no time at all.

Another time-saver in the sewing room is an iron, and ironing board. The finished appearance of a garment is very much improved, if the hems and seams are pressed in. Whether a hem is to be based or not, after the width is measured carefully, with a notched pasteboard, both the first and second turning should be pressed in with an iron.

A yardstick is almost a necessity, in the sewing room. It is often easier to use than a tape line, especially when marking the hem of a skirt.

By the way, I know of a very good method of marking a hem-line, if you do not have some one to help you. The ideal line to mark, if you want your skirt to hang straight, is around the largest part of the hips. You can

mark this line by fastening a piece of soft chalk to the table top, so that the end of the chalk extends beyond the table. Then do a "ring-around the Rosy," all by yourself, by turning about, and allowing the chalk to mark the dress at the hip line. Then you can measure from the chalk line, to the hem line. This is an accurate, easy way to make a hem line.

You probably keep a piece of chalk in your sewing basket. Tailor's chalk, in two or three colors, should be kept on hand, for marking perforations, and notches, instead of cutting them. Tailor's chalk can be bought at the notion counters of most department stores.

Try to keep one pair of scissors, for cutting only cloth. Dull scissors may spoil the fine detail, and line, of a garment. Dull pins and needles, too, are often used with disastrous effects.

Here's a time-saving suggestion, too, on making children's clothes: Cut out several garments at the same time, even though they will be finished in different ways. Stitch all the seams you can at one sitting. Then trim, fold, and baste at another sewing period. Make pockets, cuffs, collars, and other extra or decorative parts at one time, because ~~your~~ skill increases with repetition. Keep the parts that require hand-finishing in a convenient place for "pick-up" work.

Tomorrow: A Baked Dinner for Friday.

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